

# FEBRUARY 2026

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040

In partnership with:  
**FIRST 5**  
**CONTRA COSTA**  
**LINCOLN FAMILIES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2  9:30am-10:30am Winter Wonderland (1Y) 11:00am-12:00pm Parents Helping Parents (P) 12:30pm-1:30pm Zumbini (2Y-3Y) 2:30pm-3:30pm Shape Explorers (2Y) 3:00pm-4:00pm Afro Beats (2Y-3Y) 4:30pm-5:30pm Book Room (5Y)	3  9:15am-10:00am Wonder Hour (6M-11M) 9:30am-10:30am Exploradores Sensoriales (1Y) SPANISH ONLY 10:00am-12:00pm Hacer de la Familia un Poder (P) IN-PERSON SPANISH ONLY 11:00am-12:00pm Imagination Station (3Y) 12:30pm-1:30pm Ballet (3Y-5Y) 12:30pm-1:30pm Sensational Senses (2Y) 2:30pm-3:30pm Juegolandia (2Y) SPA ONLY 3:30pm-4:30pm Winter Craft (3Y) VIRTUAL 3:00pm-5:00pm T.E.A.M. Dad (P) ENGLISH ONLY - HYBRID	4  10:00am-11:30am KinderTools (4Y-5Y) 6 RMTK (P) ENROLLMENT CLOSED FOR FY 25-26 4:30pm-5:30pm Sanja Mann (P) PUNJABI/HINDI/URDU ONLY	5  9:00am-10:00am HMG - BY INVITE 9:30am-11:00am Mamá con Mamá: Diario para el Autocuidado (P) SPANISH ONLY 10:30am-11:30am HMG - BY INVITE 11:00am-12:00pm Books and Building (2Y) ENROLLMENT THROUGH PITTSBURG LIBRARY 11:30am-12:30pm Kid Kusine (3Y) 12:00pm-1:00pm Afro Builders: Architecture Around (3.5Y-5Y) 12:30pm-1:30pm Story Adventures (3Y-5Y) ENROLLMENT THROUGH PITTSBURG LIBRARY 5:00pm-6:00pm Animal Homes (3Y)	6  9:15am-10:00am Melanin Moments: Infant Massage (6W-6M) ONLY FOR AA/BLACK FAMILIES 10:00am-12:00pm Mentes Positivas: Flexibilidad Mental (P) - SPANISH ONLY, 8 WEEKS 11:30am-12:30pm Discovery Den (2Y)	7  10:00am-11:00am Reading Rockets (3Y) 11:00am-12:00pm Daddy & Me Drop-In Fun (2Y-5Y) 12:00pm-1:00pm Bounce & Beat (1Y)
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16   <b>HOLIDAY - CENTER CLOSED</b>  <b>LAST WEEK OF THE SESSION!</b>	17  9:15am-10:00am Wonder Hour (6M-11M) 9:30am-10:30am Exploradores Sensoriales (1Y) SPANISH ONLY 10:00am-11:00am Season Art (3Y) VIRTUAL 10:00am-12:00pm Hacer de la Familia un Poder (P) IN-PERSON SPANISH ONLY 11:00am-12:00pm Imagination Station (3Y) 12:30pm-1:30pm Ballet (3Y-5Y) 12:30pm-1:30pm Sensational Senses (2Y) 2:30pm-3:30pm Juegolandia (2Y) SPA ONLY 3:30pm-4:30pm Winter Craft (3Y) VIRTUAL  <b>EVENT</b> 4:00pm-5:00pm Daddy & Me Social: Garden with Me 	18  10:00am-11:30am KinderTools (4Y-5Y) 6 RMTK (P) ENROLLMENT CLOSED FOR FY 25-26 12:30pm-1:30pm Winter Wiggles (1Y) 3:30pm-4:30pm Move & Play (2Y) 4:30pm-5:30pm Sanja Mann (P) PUNJABI/HINDI/URDU ONLY	19  9:00am-10:00am HMG - BY INVITE 9:30am-11:00am Mamá con Mamá: Diario para el Autocuidado (P) SPANISH ONLY 10:30am-11:30am HMG - BY INVITE 11:30am-12:30pm Morning Magic (1Y) 12:00pm-1:00pm Kid Kusine (3Y) 12:00pm-1:00pm Afro Builders: Architecture Around (3.5Y-5Y) 3:00pm-4:00pm Building Together (2Y) 5:00pm-6:00pm Arctic Adventures (4Y) 5:00pm-6:00pm Animal Homes (3Y)	20  9:15am-10:00am Melanin Moments: Infant Massage (6W-6M) ONLY FOR AA/BLACK FAMILIES 10:00am-11:00am Little Explorers (1Y) 10:00am-12:00pm Mentes Positivas: Flexibilidad Mental (P) - SPANISH ONLY, 8 WEEKS 11:30am-12:30pm Discovery Den (2Y) 12:30pm-1:30pm Chilly Storytime (3Y)	21  10:00am-11:00am Reading Rockets (3Y) 11:00am-12:00pm Daddy & Me Drop-In Fun (2Y-5Y) 12:00pm-1:00pm Bounce & Beat (1Y)
23  <b>CENTER CLOSED STAFF DEVELOPMENT DAY</b>	24  10:00am-11:00am Season Art (3Y) VIRTUAL	25  <b>EVENT</b> 5:00pm-7:00pm Parents Date Night 	26  11:30am-12:30pm Morning Magic (1Y) 3:00pm-4:00pm Building Together (2Y) 5:00pm-6:00pm Arctic Adventures (4Y)	27  10:00am-12:00pm Mentes Positivas: Flexibilidad Mental (P) - SPANISH ONLY, 8 WEEKS	28  <b>EVENT</b> BY APPOINTMENT Car Seat Safety Inspection (PRE-REGISTRATION REQUIRED) 
			<b>Guide:</b> W = Weeks M = Months Y = Years P = Parents <b>HIGHLIGHTED IN YELLOW = VIRTUAL CLASS</b> <b>HIGHLIGHTED IN BLUE = OFFSITE CLASS</b> ENG = CLASS TAUGHT ONLY IN ENGLISH SPA = CLASS TAUGHT ONLY IN SPANISH B = BILINGUAL CLASS	<b>Center Operating Hours:</b> Monday-Friday 9:00am-1:00pm, 2:00pm-6:00pm <b>Saturday:</b> 9:00am-2:00pm <b>Play Area Hours:</b> Monday-Thursday 9:30am-12:30pm, 2:30pm-4:30pm Friday-Saturday 9:30am-1:00pm	<b>SCAN QR CODE TO ACCESS OUR CENTER'S LINKTREE!</b> 

# JANUARY-FEBRUARY 2026 SESSION: CLASS DESCRIPTIONS

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



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## CHILDREN CLASSES

### **VIRTUAL CLASSES:**

#### **Season Art (3 years) VIRTUAL**

This Season Art class provides the development your children need to know how to express their emotions through art, creating seasonal art crafts. Great for their fine and gross motor, creativity and imagination and where children will have the opportunity to develop their own creativity.

#### **Winter Craft (3 years) VIRTUAL**

Winter is on and this calls for winter themed age-appropriate arts and crafts.

### **OFF SITE CLASSES:**

#### **Books and Building (2 years) ENROLLMENT THROUGH PITTSBURG LIBRARY**

Books and Building invites toddlers to explore stories and structures through hands-on play — combining the magic of reading with the creativity of block building to spark imagination, language, and early STEM skills.

#### **Story Adventures (3 years to 5 years) ENROLLMENT THROUGH PITTSBURG LIBRARY**

Story Adventures takes you on exciting journeys through books, hands-on activities, and imaginative play — bringing stories to life while nurturing language, creativity, and a love for reading.

### **IN-PERSON CLASSES:**

#### **Melanin Moments: Infant Massage (6W-6M) ONLY FOR AFRICAN-AMERICAN/BLACK FAMILIES**

Join us for a nurturing and empowering class designed specifically for African American families to explore the many benefits of infant massage. In this culturally affirming space, caregivers will learn gentle, hands-on techniques to help their babies relax, sleep better, and feel secure.

#### **Wonder Hour (6M-11M)**

This will be an hour of fun and age-appropriate activities focusing on sensory and communication.

#### **Bounce & Beat (1 year)**

Come and move along with your child while exploring additional gross motor age-appropriate activities that can be practiced at home as well.

#### **Exploradores Sensoriales (1 year) SPANISH ONLY**

Practicing the Spanish language. Let's explore sensory activities! In this class, we'll explore many open-ended activities.

#### **Morning Magic (1 year)**

In this fun class little ones will explore new sounds, textures and movements while bonding with their caregivers. There will be multiple interactive activities that will help the children with their early development, social, motor and language skills, while being in a nurturing environment.

#### **Winter Wiggles (1 year)**

When it's chilly outside, we've got the perfect way for little ones to warm up and get moving. This class will bring simple games, songs and hand on activities that will support , motor skills development and spark imagination.

#### **Winter Wonderland (1 year)**

How can we have fun during the Winter? In this class we are going to explore fun activities for the Winter season.

#### **Building Together (2 years)**

When kids are at play, they explore the world. When kids create, they express themselves. And when kids build, they

solve problems. Our hands-on, Blocks curriculum will help children build on their math and science skills through the medium.

#### **Discovery Den (2 years)**

In this class we will explore many fun activities in order to practice many important skills like problem-solving, exploring and socializing.

#### **Juegolandia (2 years) SPANISH ONLY**

¿Cómo jugamos juntos? En esta clase vamos a practicar los básicos de usar espacio, compartir juguetes y seguir construyendo las habilidades importantes para esta etapa de desarrollo.

#### **Little Explorers (2 years)**

Your child will be able to explore a variety of fine and gross motor skills by exploring art, sensory, problem-solving, music, and movement activities with a focus on their development.

#### **Move & Play (2 years)**

In this class children will get to explore their growing strength, coordination and imagination through fun, age appropriate movement and play activities. Activities will include free play, music, movement, and simple obstacles courses that will support fine and gross motor, social skills and confidence.

#### **Sensational Senses (2 years)**

This class will be focused on our senses and how to enhance them for toddlers with age-appropriate and some messy activities.

#### **Shape Explorers (2 years)**

What can we do with SHAPES? In this class, we will explore many different ways to use shapes like in art, building, and many more activities.

#### **Afro Beats (2 years to 3 years)**

Everyone is welcome! AfroBeats is an exciting music, movement, and drumming class. Come find your rhythm and increase your child's motor skills and hand/eye coordination with beginning drumming techniques. Each week, families will sing, dance, and play rhythm instruments and music-based games.

#### **Daddy & Me Drop-In Fun (2 years to 5 years)**

Join us for a fun-filled class designed especially for dads and their little ones! This hands-on class is all about creativity, bonding, and making memories.

#### **Animal Homes (3 years)**

This class will help answer your kids' questions. Where do different animals live? What are their homes made of? What do they eat? How do they get their food?

#### **Chilly Story Time (3 years)**

In this class, children will enjoy winter days through stories, sensory, songs , and hands-on fun. Each class will feature seasonal story tales that spark imagination and themed craft.

#### **Imagination Station (3 years)**

What can you create? In this class we will explore our creativity. Each class will provide an opportunity to practice and learn many skills in a fun and creative way.

#### **Kid Kuisine (3 years)**

Welcome your child in the kitchen and enjoy/encourage their age-appropriate cooking in our Kid Kuisine Class. Cooking is a special and important skill for children, where measuring, mixing, peeling, etc., are all learnt in a fun way. Tailored towards early learners' age.

#### **Reading Rockets (3 years)**

Literacy is important for knowledge. It also builds early vocabulary, confidence and helps kids in starting conversations. Let's read and craft!!

#### **Afro Builders: Architecture Around Africa (3.5 years to 5 years)**

Come along on a hands-on journey across Africa as we

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explore the beauty of African homes, landmarks, and architecture! Each week, children will "travel" to a new region, discovering how buildings are made using natural materials, bold shapes, and creative designs. Through storytelling, building projects, art, and music, little learners will develop early STEM skills, express creativity, and celebrate cultural pride—one joyful brick at a time!

#### Arctic Adventure (4 years)

Bundle up and explore the world of winter animals. Through fun art, stories and songs, the children will learn about animals that live in cold places like the arctic and snowy forest.

#### Book Room (5 years)

Get your listening ears and looking eyes ready for this story adventure! In our reading room class students will be exploring a new book and theme every week.

## PARENTING CLASSES

### VIRTUAL CLASSES:

Sisters in Parenting (P) ONLY FOR AFRICAN-AMERICA/BLACK MOTHERS/CAREGIVERS

Dates:

- 01/20/2026
- 02/13/2026 Social - BY INVITE ONLY

Sisters in Parenting is a nurturing and empowering safe space created for African American/Black mothers to come together in sisterhood. Rooted in cultural relevance and collective wisdom, this group centers on open dialogue, shared experiences, and meaningful connections.

### HYBRID CLASSES (IN-PERSON/VIRTUAL):

#### T.E.A.M. Dad (P)

Teach, Experience, And Meaningful Conversations  
What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dads experience on a daily basis. Discuss tips and tricks, share resources and more!

### IN-PERSON CLASSES:

#### Hacer de la Familia un Placer (P) SPANISH ONLY

The objective of this class is that by recognizing that each home is UNIQUE, both parents can agree on a "style" of parenting and that this style is done in a lovingly positive environment.

#### Mamá con Mamá: Diario para el Autocuidado (P) ONLY FOR SPANISH SPEAKING MOTHERS

MAMA CON MAMA is more than a class: it's a support group: Moms helping Moms! The difference is that in this session we'll focus on self-care, exploring why, as Latinas, it's sometimes so difficult to find space, even to prioritize ourselves. The goal is to discover the power of self-care!

#### Mentes Positivas: Flexibilidad Mental (P) SPANISH ONLY

En esta clase aprenderemos técnicas para vivir nuestra realidad a través de analizar nuestros pensamientos, la aceptación y el agradecimiento para lograr una mejor calidad de vida.

#### Parents Helping Parents (P)

This is a supportive parent group designed to help families nurture emotional strength, coping skills, and confidence in their children—and themselves. Together, we'll explore navigating challenges with calm, connection, and growth.

#### Sanja Mann (P) ONLY FOR PUNJABI/HINDI/URDU SPEAKING FAMILIES

Focused towards all Punjabi/Hindi/Urdu speaking families, this class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

## EVENTS / WORKSHOPS

### White and Blue Winter - Friday, 01/16/2026

4:00pm-6:00pm

Families, let's come together for a blue and white themed winter celebration. There will be art, crafts, dancing for kids and families to make and take. Blue and white clothing can be added to the fun, but is not mandatory.

### New Year, New Me - Friday, 01/23/2026

3:30pm-5:30pm

Join us as we kick off 2026 with positivity, connection, and fresh energy! Our New Year, New Me event is open to all participating parents and will feature a variety of uplifting activities focused on wellness, goal-setting, and starting the year with intention. **Limited Childwatch** will be available for children ages 18 months to 7 years; however, if families have someone who can care for their child during the event, we highly encourage that option to ensure space for those who truly need it. We look forward to welcoming you and starting 2026 together on a bright note!

### Daddy & Me Social: New Year, New Adventures - Tuesday, 01/27/2026 4:00pm-5:00pm

Fathers and their families come together for a special event where dads and kids bring in the new year together.

### Daddy & Me Social: Garden with Me! - Tuesday, 02/17/2026 4:00pm-5:00pm

Dads and their little ones are invited to come together for a fun, hands-on gardening activity! Families will work side-by-side to plant, learn, and explore how things grow while enjoying quality time together. This activity encourages teamwork, creativity, and connection—perfect for strengthening bonds and making lasting memories in the garden. Let's grow something special! 

### Black History Celebration - Friday, 02/20/2026

3:00pm-4:30pm

Black History Month is a celebration of the contributions, achievements, struggles, and activism of African American people worldwide, from the enslaved individuals of the early 17th century to the present day. Celebrate with us all of their accomplishments!

### Parents Date Night - Wednesday, 02/25/2026

5:00pm-7:00pm

Enjoy a well-deserved parents-only date night filled with laughter, connection, and time to truly enjoy your partner's company. Relax, unwind, and rediscover the fun of being together.

### Car Seat Safety Inspection - Friday, 02/27/2026

BY APPOINTMENT - PRE-REGISTRATION REQUIRED

Sign up now for our Car Seat Safety Check special event. Help keep your little ones safe on the road! Our Certified Child Passenger Safety Technicians will be onsite to provide hands-on inspections and education, answer questions, and ensure your child's car seat is properly installed. During your visit, if a technician determines your car seat is not safe, a new one will be provided to you. All registered East County First 5 Center Families welcome. Appointments will be required. Please indicate interest and you will be contacted with additional steps.

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